



Independence Central Office

Scheduled Menu Plans

4060 Blackburn Elementary School

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/1/2019

Feeding Figure: 121

Base Menu Plan: 4,688 EL BFAST JAN 18-19 W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1952	FRENCH TOAST CHOC CHIP	1	PKG (1)	84		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	210.0000	kcal	Carbohydrate	35.0000	g
1392	POP TART STRAW WG	1	PKG (1)	19		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	19		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	49		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	SERVING CUP (4.5 OZ)	91		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	51.0000	kcal	Carbohydrate	14.0000	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	61		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	31		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	42		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	40		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	40
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 4/1/2019      **Feeding Figure:** 262  
**Base Menu Plan:** 4,010 EL 18-19 LUNCH W2D3  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A456	ALFREDO CHICKEN, JTM penne	1	1 SERVING	184
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		232.6962	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		25.6039	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	184
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		110.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		21.0000	g	
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	0
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		340.4695	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		28.0117	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	131
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		26.2924	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		5.0593	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	27
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		7.1576	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	11
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		11.6147	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		8.1076	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.7522	g	
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	3
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		95.3707	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		17.5171	g	
a7074	BLUEBERRIES #7074	1	1/2 CUP	197
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		39.5599	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		9.2966	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	66
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		60.0001	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		15.0000	g	

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2366	DRESSING ITALIAN OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
1086	SAUCE BBQ	1	Ounce	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6655	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	66
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	14
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 4/2/2019      **Feeding Figure:** 121  
**Base Menu Plan:** 4,638 EL BFAST JAN 18-19 W1D2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	73
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	176.5800	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.0400	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	25
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	59.0001	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	23
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	269.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	56.0000	g	

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a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	91
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.4972	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/2/2019

Feeding Figure: 262

Base Menu Plan: 4,009 EL 18-19 LUNCH W2D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A077	QUESO BLANCO BEEF ENCHILADAS	1	2 ENCHILADAS	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	297.3600	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	16.3599	g	
A016	RICE, MEXICAN	1	1/2 CUP	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	78.7958	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.4837	g	
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	340.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
A070	CARROTS, COOKED	1	1/2 CUP	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	22.5109	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	5.2526	g	

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A050	APPLES, HOT SPICED	1	1/2 CUP	197
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	121.4842	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	66
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/3/2019

Feeding Figure: 121

Base Menu Plan: 4,639 EL BFAST JAN 18-19 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A397	FRUDEL APPLE #1979	1	1 PKG	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	210.0000	kcal	

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### Scheduled Menu Plans

1392	POP TART STRAW WG	1	PKG (1)	19
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	19
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	91
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9512	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	61
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch

**Serving Line:** MAIN

**Age Group:** Grades K-5

**Date:** 4/3/2019

**Feeding Figure:** 262

**Base Menu Plan:** 4,008 EL 18-19 LUNCH W2D1

**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A465	FISH NACHO STICKS #2401	1	4 STICKS	184
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	220.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.0001	g	

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A531	MAC AND CHEESE TWISTED	1	1/2 CUP	184
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	145.8523	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	10.7791	g	
A457	PIZZA QUESA MAX #2374	1	1 QUESADILLA	78
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	340.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	41.0001	g	
7045	SALSA	1	1/4 CUP	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0000	g	
A372	GREEN BEANS-2017	1	1/2 CUP	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	17.5420	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	3.3337	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
7035	PEACHES SLICED LS	1	SERVING 1/2 CUP	197
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0001	g	
A252	CHERRY CRISP w/o stabilizer	1	1 piece	197
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	184.8850	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	32.2982	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	66
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	

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Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 4/4/2019      **Feeding Figure:** 121  
**Base Menu Plan:** 1,004,019 EL BFAST JAN 18-19 W1D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	73
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	230.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	25
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	59.0001	g	
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	23
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	269.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
2404	MIXED FRUIT CUP 608771	1	CUP (1)	61
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	70.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	19.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	

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Independence Central Office

Scheduled Menu Plans

2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	40
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	42
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	40
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch  
**Date:** 4/4/2019  
**Base Menu Plan:** 4,474 EL 18-19 LUNCH W2D4  
**Menu Comments:**

**Serving Line:** MAIN  
**Age Group:** Grades K-5  
**Feeding Figure:** 262

Stock Number	Description	Serving Size	Measure	Projected Quantity
A078	MEATLOAF-HOMEMADE	1	1 SLICE	158
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	237.5723	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.8453	g	
A005	POTATOES, MASHED	1	1/2 CUP	158
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	85.3963	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.1467	g	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	158
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	178.5303	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	29.0164	g	
A524	GRAVY BROWN LS #2421	1	2 OZ	158
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	25.2695	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0431	g	
A460	PINWHEEL PEPPERONI WG #2397	1	1 PINWHEEL	105
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	280.0001	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	28.0000	g	
A359	CORN, COOKED	1	1/2 CUP	131
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	133.2287	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	30.7451	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	27
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	

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Independence Central Office

Scheduled Menu Plans

A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
7039	PEARS SLICED LS	1	1/2 CUP	197
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.9999	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	66
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/5/2019

Feeding Figure: 121

Base Menu Plan: 1,004,041 EL BFAST JAN 18-19 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	220.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	19
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	19
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	

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Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
7071	PEACH CUPS FROZEN	1	CUP (1)	91
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	61
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/5/2019

Feeding Figure: 262

Base Menu Plan: 2,761 EL 17-18 CHILI

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A080	CHILI	1	3/4 CUP	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	194.4703	kcal	
1923	CRACKER SALTINE (WG)	1	SERVING 4 CRACKERS	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0000	kcal	
A302	CINNAMON ROLLS PREMADE, 2.5 OZ	1	2.5 OUNCE	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	295.2202	kcal	

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Independence Central Office

Scheduled Menu Plans

4118	BOWL DISPOSABLE 12 OZ	1	BOWL (1)	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	*	kcal	
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	349.9999	kcal	
A011	VEGETABLES, MIXED	1	1/2 CUP	66
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	38.4764	kcal	
A7078	STRAWBERRIES #7112	1	1/2 CUP	184
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	69.4375	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	92
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	76
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	95
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/8/2019

Feeding Figure: 121

Base Menu Plan: 4,637 EL BFAST JAN 18-19 W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1952	FRENCH TOAST CHOC CHIP	1	PKG (1)	84		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	210.0000	kcal	Carbohydrate	35.0000	g
1392	POP TART STRAW WG	1	PKG (1)	19		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	19		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	49		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
2106	APPLE SLICES 100/2 OZ	1	PKG	91		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	30.0000	kcal	Carbohydrate	7.0000	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	61		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	31		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	42		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	40		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	40		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

Trans Fat is displayed for informational purposes only, not for monitoring.

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/8/2019

Feeding Figure: 262

Base Menu Plan: 4,015 EL 18-19 LUNCH W3D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A454	CRUNCHERS PIZZA #2395	1	4 STICKS	158		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	419.9999	kcal	Carbohydrate	41.0001	g
1310	SAUCE MARINARA	1	SERVING (2 OZ)	158		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	45.0000	kcal	Carbohydrate	7.5000	g
A365	HOTDOG	1	1 HOTDOG	105		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	350.0000	kcal	Carbohydrate	27.0000	g
A425	POTATO CRINKLE FRIES	1	1/2 CUP	105		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	132.0316	kcal	Carbohydrate	22.7641	g
A372	GREEN BEANS-2017	1	1/2 CUP	131		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	17.5420	kcal	Carbohydrate	3.3337	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	27		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	11		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	3		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	65.0014	kcal	Carbohydrate	6.0002	g
A7078	STRAWBERRIES #7112	1	1/2 CUP	197		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	69.4375	kcal	Carbohydrate	16.4915	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	66		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g

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Independence Central Office

Scheduled Menu Plans

2286	KETCHUP JUG WITH PUMP	1	Ounce	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	14
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
1103	PICKLE RELISH	1	Ounce	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	25.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 4/9/2019      **Feeding Figure:** 121  
**Base Menu Plan:** 4,638 EL BFAST JAN 18-19 W1D2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	73
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	176.5800	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.0400	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	25
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	59.0001	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	23
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	269.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	56.0000	g	

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Independence Central Office

Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	91
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.4972	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/9/2019

Feeding Figure: 262

Base Menu Plan: 4,014 EL 18-19 LUNCH W3D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A076	HARD SHELL TACO W/ MEAT	1	2 TACOS	184
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	254.8173	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.6665	g	
7045	SALSA	1	1/4 CUP	184
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0000	g	
A016	RICE, MEXICAN	1	1/2 CUP	184
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	78.7958	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.4837	g	
A326	CHICKEN DRUMSTICK BREADED WG	1	1 DRUMSTICK	78
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	190.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	5.0000	g	

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Independence Central Office

Scheduled Menu Plans

A024	BISCUITS, MINI, WG	1	1.25 OUNCE	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
A359	CORN, COOKED	1	1/2 CUP	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	133.2287	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	30.7451	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
7035	PEACHES SLICED LS	1	SERVING 1/2 CUP	197
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0001	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	66
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/10/2019

Feeding Figure: 121

Base Menu Plan: 4,639 EL BFAST JAN 18-19 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A397	FRUDEL APPLE #1979	1	1 PKG	84		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	210.0000	kcal	Carbohydrate	36.0000	g
1392	POP TART STRAW WG	1	PKG (1)	19		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	19		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	49		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	91		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	105.0201	kcal	Carbohydrate	26.9512	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	61		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	31		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	42		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	40		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	40		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/10/2019

Feeding Figure: 262

Base Menu Plan: 4,017 EL 18-19 LUNCH W3D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A367	CHICKEN TERIYAKI W/ VEG	1	1 SERVING	158		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	249.9517	kcal	Carbohydrate	38.9384	g
2416	FORTUNE COOKIE 40002	1	PKG (1)	158		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	20.0000	kcal	Carbohydrate	4.0000	g
A547	SANDWICH, STEAK WG EL	1	1 SANDWICH	105		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	470.4696	kcal	Carbohydrate	38.0117	g
A012	PEAS	1	1/2 CUP	131		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	71.6249	kcal	Carbohydrate	12.3532	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	27		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	11		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	75.1369	kcal	Carbohydrate	13.7866	g
1097	MUSTARD	1	Ounce	8		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	0.0000	kcal	Carbohydrate	0.0000	g
7029	FRUIT MIXED	1	1/2 CUP	197		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0000	kcal	Carbohydrate	15.0000	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	66		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g

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\* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



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2365	DRESSING RANCH OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
1086	SAUCE BBQ	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6655	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	14
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 4/11/2019      **Feeding Figure:** 121  
**Base Menu Plan:** 4,640 EL BFAST JAN 18-19 W1D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	73
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	230.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	25
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	59.0001	g	
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	23
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	269.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	

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7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	CUP (1)	61
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	51.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 4/11/2019      **Feeding Figure:** 262  
**Base Menu Plan:** 4,016 EL 18-19 LUNCH W3D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	170.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.0000	g	
A005	POTATOES, MASHED	1	1/2 CUP	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.3963	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.1467	g	
A525	GRAVY POULTRY LS #2422	1	2 OZ	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	2.3897	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.2868	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	
A101	RIB-Q ON BUN	1	1 SANDWICH	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	354.5809	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.3327	g	

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1911	CHEETO PUFF	1	PKG (1)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.0000	g	
A070	CARROTS, COOKED	1	1/2 CUP	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	22.5109	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	5.2526	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
a7074	BLUEBERRIES #7074	1	1/2 CUP	197
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	39.5599	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.2966	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	66
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
1086	SAUCE BBQ	1	Ounce	14
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6655	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	14
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	105
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 4/12/2019      **Feeding Figure:** 121  
**Base Menu Plan:** 4,002 EL BFAST 18-19 W1D5  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	84
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		220.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	19
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		180.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	19
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		180.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	49
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		80.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		240.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		39.0000	g	
7071	PEACH CUPS FROZEN	1	CUP (1)	91
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		80.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		19.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	31
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		50.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	61
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		60.0001	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	40
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		129.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	40
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.0000	g	

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2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	

**Serving Period:** Lunch  
**Date:** 4/12/2019  
**Base Menu Plan:** 4,689 EL 18-19 LUNCH W3D1  
**Menu Comments:**

**Serving Line:** MAIN  
**Age Group:** Grades K-5  
**Feeding Figure:** 262

Stock Number	Description	Serving Size	Measure	Projected Quantity
A453	LASAGNA ROLLUP WG #2371	1	1 PIECE	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	332.8338	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	32.1840	g	
A379	BREADSTICK WG #1361	1	1 BREADSTICK	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	21.0000	g	
A371	FISH&CHEESE SANDWICH	1	1 SANDWICH	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	460.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	48.0000	g	
A033	SAUCE, TARTER	1	1 OZ	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	26.9446	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.9494	g	
A455	POTATO SWT TRAX #2384	1	1/2 CUP	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0001	g	
A057	BROCCOLI, STEAMED	1	1/2 CUP	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	26.2924	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	5.0593	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	

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7039	PEARS SLICED LS	1	1/2 CUP	197
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	66
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
1097	MUSTARD	1	Ounce	8
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1086	SAUCE BBQ	1	Ounce	6
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6655	g	
1125	SALAD DRESG LF	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	35.7850	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	3.1281	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/15/2019

Feeding Figure: 121

Base Menu Plan: 4,637 EL BFAST JAN 18-19 W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
1952	FRENCH TOAST CHOC CHIP	1	PKG (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	210.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	35.0000	g	

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\* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

1392	POP TART STRAW WG	1	PKG (1)	19
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	19
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
2106	APPLE SLICES 100/2 OZ	1	PKG	91
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	30.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	61
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/15/2019

Feeding Figure: 262

Base Menu Plan: 4,680 EL 18-19 LUNCH W4D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A414	CHICKEN & NOODLES-GAGE	1	3/4 CUP	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	209.5704	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.7570	g	

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Independence Central Office

Scheduled Menu Plans

A024	BISCUITS, MINI, WG	1	1.25 OUNCE	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	110.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
A460	PINWHEEL PEPPERONI WG #2397	1	1 PINWHEEL	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	28.0000	g	
A130	PEAS & CARROTS	1	1/2 CUP	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	49.7455	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.7217	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.7866	g	
7029	FRUIT MIXED	1	1/2 CUP	197
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	66
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/16/2019

Feeding Figure: 121

Base Menu Plan: 4,638 EL BFAST JAN 18-19 W1D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	73		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	176.5800	kcal	Carbohydrate	21.0400	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	49		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
A328	NOTABLES COCOA BWL #2063	1	1 PACK	25		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	280.0000	kcal	Carbohydrate	59.0001	g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	23		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	269.9999	kcal	Carbohydrate	56.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	91		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	31		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	31		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	40		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	42		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	40		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

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Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/16/2019

Feeding Figure: 262

Base Menu Plan: 4,645 EL 18-19 LUNCH W4D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A452	PIZZA QUESA CKN MAX #2376	1	1 SERVING (5 OZ)	158		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	320.0001	kcal	Carbohydrate	35.0001	g
7045	SALSA	1	1/4 CUP	105		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	20.0000	kcal	Carbohydrate	4.0000	g
A416	FIESTA NACHO-TACO MEAT	1	1 NACHO	105		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	480.0173	kcal	Carbohydrate	44.0775	g
2407	RICE KRISPIES COCOA WG	1	PKG (1)	249		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	45.0000	kcal	Carbohydrate	8.0000	g
A069	BEANS, REFRIED	1	1/2 CUP	66		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	131.7402	kcal	Carbohydrate	20.3267	g
A057	BROCCOLI, STEAMED	1	1/2 CUP	131		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	26.2924	kcal	Carbohydrate	5.0593	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	27		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	11		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	75.1369	kcal	Carbohydrate	13.7866	g
A7078	STRAWBERRIES #7112	1	1/2 CUP	197		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	69.4375	kcal	Carbohydrate	16.4915	g

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Independence Central Office

Scheduled Menu Plans

2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	66
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/17/2019

Feeding Figure: 121

Base Menu Plan: 4,639 EL BFAST JAN 18-19 W1D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A397	FRUDEL APPLE #1979	1	1 PKG	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	210.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	19
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	19
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	91
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9512	g	

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Independence Central Office

Scheduled Menu Plans

2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	61
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 4/17/2019      **Feeding Figure:** 262  
**Base Menu Plan:** 4,020 EL 18-19 LUNCH W4D3  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A089	CHICKEN PARMESAN ROTINI 2018	1	1 SERVING	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	354.3592	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	36.8029	g	
A345	PIZZA FIESTADA WG #2170	1	1 PIECE	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	340.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
A359	CORN, COOKED	1	1/2 CUP	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	133.2287	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	30.7451	g	
A050	APPLES, HOT SPICED	1	1/2 CUP	197
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	121.4842	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.3734	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	66
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	

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Scheduled Menu Plans

a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	11.6147	kcal	Carbohydrate
				2.7139 g
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	8.1076	kcal	Carbohydrate
				1.7522 g
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	95.3707	kcal	Carbohydrate
				17.5171 g
2366	DRESSING ITALIAN OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	29.3055	kcal	Carbohydrate
				7.8148 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 4/18/2019      **Feeding Figure:** 121  
**Base Menu Plan:** 4,640 EL BFAST JAN 18-19 W1D4  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	73
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	230.0000	kcal	Carbohydrate
				39.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	80.0000	kcal	Carbohydrate
				0.0000 g
A328	NOTABLES COCOA BWL #2063	1	1 PACK	25
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	280.0000	kcal	Carbohydrate
				59.0001 g
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	23
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	269.9999	kcal	Carbohydrate
				56.0000 g

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Independence Central Office

Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	CUP (1)	61
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	51.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/18/2019

Feeding Figure: 262

Base Menu Plan: 4,021 EL 18-19 LUNCH W4D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A435	BEEF PATTY WGR BREADED#7163	1	1 PATTY	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	260.0000	kcal	
A005	POTATOES, MASHED	1	1/2 CUP	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.3963	kcal	
A140	COUNTRY GRAVY	1	2 OZ	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	59.4904	kcal	
A026	ROLLS, WHEAT, WG	1	2 OUNCE	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	178.5303	kcal	

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Scheduled Menu Plans

A459	BREADSTICK CHEESE FILLED #2375	1	1 BREADSTICK	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	150.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.0000	g	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	45.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.5000	g	
A011	VEGETABLES, MIXED	1	1/2 CUP	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	38.4764	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.4649	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
7039	PEARS SLICED LS	1	1/2 CUP	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.9999	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	66
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/19/2019

Feeding Figure: 121

Base Menu Plan: 4,641 EL BFAST JAN 18-19 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A463	PANCAKE CONFETTI #2378	1	1 PKG	84		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	220.0000	kcal	Carbohydrate	36.0000	g
1392	POP TART STRAW WG	1	PKG (1)	19		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	19		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	49		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	91		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	29.4972	kcal	Carbohydrate	7.5488	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	31		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	61		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	40		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	40		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	42		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g

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Independence Central Office

Scheduled Menu Plans

**Serving Period:** Lunch  
**Date:** 4/19/2019  
**Base Menu Plan:** 4,022 EL 18-19 LUNCH W4D5  
**Menu Comments:**

**Serving Line:** MAIN

**Age Group:** Grades K-5  
**Feeding Figure:** 262

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	158		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	340.4695	kcal	Carbohydrate	28.0117	g
A385	BISCUIT FRZ EASY SPLIT #2211	1	1 BISCUIT	105		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	210.0000	kcal	Carbohydrate	27.0000	g
A462	PORK LS SAUSAGE # 2405	1	1 PATTY	105		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	120.0000	kcal	Carbohydrate	0.0000	g
A252	CHERRY CRISP w/o stabilizer	1	1 piece	197		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	184.8850	kcal	Carbohydrate	32.2982	g
A040	EGG, SCRAMBLED, CHEESY	1	1/2 CUP	105		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	194.9105	kcal	Carbohydrate	3.9151	g
A1223	CARROTS BABY 30LBS	1	1/2 CUP	131		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	19.8450	kcal	Carbohydrate	4.6721	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	27		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	11		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	75.1369	kcal	Carbohydrate	13.7866	g
a7074	BLUEBERRIES #7074	1	1/2 CUP	197		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	39.5599	kcal	Carbohydrate	9.2966	g

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Independence Central Office

Scheduled Menu Plans

2140	JUICE ORANGE 4 OZ	1	CARTON (1)	66
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	66
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
1097	MUSTARD	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

**Serving Period:** Breakfast

**Serving Line:** MAIN

**Age Group:** Grades K-5

**Date:** 4/22/2019

**Feeding Figure:** 121

**Base Menu Plan:** 4,637 EL BFAST JAN 18-19 W1D1

**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
1952	FRENCH TOAST CHOC CHIP	1	PKG (1)	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	210.0000	kcal	
1392	POP TART STRAW WG	1	PKG (1)	19
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	19
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
1015	CHEESE STRING MOZ LT	1	PKG (1)	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	

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\* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
2106	APPLE SLICES 100/2 OZ	1	PKG	91
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	30.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.0000	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	61
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/22/2019

Feeding Figure: 262

Base Menu Plan: 4,691 EL 18-19 LUNCH W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A353	CHICKEN NUGGETS WG#2345	1	1 SERVING (5)	184
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	170.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.0000	g	
A351	WAFFLE WG	1	1 WAFFLE	184
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	90.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0000	g	
1122	SYRUP PKT SAUER 1.5 OZ	1	PKT (1)	184
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	121.4321	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	31.3700	g	
A101	RIB-Q ON BUN	1	1 SANDWICH	78
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	354.5809	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.3327	g	

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A541	POTATO WEDGE FRIES #7090	1	1/2 CUP	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	87.8622	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	19.8736	g	
A067	BEANS, BAKED	1	1/2 CUP	66
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	117.7311	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.1326	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
7039	PEARS SLICED LS	1	1/2 CUP	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	66
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
1086	SAUCE BBQ	1	Ounce	53
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.1618	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	6.6655	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	66
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
2366	DRESSING ITALIAN OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.8148	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	

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2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	79
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		129.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		23.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 4/23/2019      **Feeding Figure:** 121  
**Base Menu Plan:** 4,638 EL BFAST JAN 18-19 W1D2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	73
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		176.5800	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		21.0400	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	49
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		80.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		0.0000	g	
A328	NOTABLES COCOA BWL #2063	1	1 PACK	25
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		280.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		59.0001	g	
A415	NOTABLES CINN TOAST #2082	1	1 PACK	23
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		269.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		56.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		240.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	91
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		29.4972	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	31
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		50.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	31
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		60.0001	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	40
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		129.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	42
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		129.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		23.0000	g	

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1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	40
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		100.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		12.0000	g	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 4/23/2019      **Feeding Figure:** 262  
**Base Menu Plan:** 4,643 EL 18-19 LUNCH W1D2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	105
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		349.9999	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		38.0000	g	
a539	FIESTA NACHO-CHICKEN MS	1	1 NACHO	157
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		461.4527	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		42.0273	g	
7045	SALSA	1	1/4 CUP	158
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		20.0000	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		4.0000	g	
A069	BEANS, REFRIED	1	1/2 CUP	158
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		131.7402	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		20.3267	g	
A359	CORN, COOKED	1	1/2 CUP	66
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		133.2287	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		30.7451	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	27
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		7.1576	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		11.6147	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		8.1076	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		1.7522	g	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		75.1369	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		13.7866	g	
A053	APPLESAUCE, ROSY	1	1/2 CUP	197
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Food Energy		62.0849	kcal	
<b>Nutrient</b>		<b>Value</b>	<b>Units</b>	
Carbohydrate		16.0220	g	

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Scheduled Menu Plans

2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	66
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 4/24/2019      **Feeding Figure:** 121  
**Base Menu Plan:** 4,639 EL BFAST JAN 18-19 W1D3  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A397	FRUDEL APPLE #1979	1	1 PKG	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	210.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	36.0000	g	
1392	POP TART STRAW WG	1	PKG (1)	19
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	19
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	180.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
1015	CHEESE STRING MOZ LT	1	PKG (1)	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
1333	BANANAS PREM 40LB	1	MEDIUM BANANA	91
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	105.0201	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	26.9512	g	

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Scheduled Menu Plans

2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	61
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

**Serving Period:** Lunch      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 4/24/2019      **Feeding Figure:** 262  
**Base Menu Plan:** 4,005 EL 18-19 LUNCH W1D3  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity
A546	CHICKEN ORANGE W/ VEG	1	1 SERVING	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	234.7718	kcal	
2416	FORTUNE COOKIE 40002	1	PKG (1)	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
A451	CORN DOG-MINI TRK WG #2382	1	6 MINI CORNDOGS	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	267.0000	kcal	
A130	PEAS & CARROTS	1	1/2 CUP	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	49.7455	kcal	
a131	SALAD, DARK GREENS- EL	1	1 CUP	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	

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A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A448	BEANS, RED (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	65.0014	kcal	
A7078	STRAWBERRIES #7112	1	1/2 CUP	197
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	69.4375	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	66
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
1097	MUSTARD	1	Ounce	14
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
2286	KETCHUP JUG WITH PUMP	1	Ounce	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
2366	DRESSING ITALIAN OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.3055	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/25/2019

Feeding Figure: 121

Base Menu Plan: 4,640 EL BFAST JAN 18-19 W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
2408	BREAKFAST BUNS WG WWB5160	1	PKG (1)	73
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	230.0000	kcal	
			Carbohydrate	39.0000 g

Trans Fat is displayed for informational purposes only, not for monitoring.

\* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

1015	CHEESE STRING MOZ LT	1	PKG (1)	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	80.0000	kcal	
A328	NOTABLES COCOA BOWL #2063	1	1 PACK	25
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	280.0000	kcal	
A277	NOTABLES CINN TOAST BOWL #2082	1	1 PKG	23
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	269.9999	kcal	
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
7094	APPLESAUCE CUPS UNSWEE 4.5OZ	1	CUP (1)	61
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	51.0000	kcal	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/25/2019

Feeding Figure: 262

Base Menu Plan: 4,690 EL 18-19 LUNCH W1D4

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
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Independence Central Office

Scheduled Menu Plans

A383	CHICKEN PATTY WG BREADED#2344	1	1 PATTY	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	171.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.0000	g	
A252	CHERRY CRISP w/o stabilizer	1	1 piece	197
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	184.8850	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	32.2982	g	
A140	COUNTRY GRAVY	1	2 OZ	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	59.4904	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.4986	g	
A005	POTATOES, MASHED	1	1/2 CUP	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.3963	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	18.1467	g	
A327	ROLL, DINNER WG #1974	1	1 DINNER ROLL	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	130.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	20.0000	g	
A458	PINWHEEL MOZZ WG #2398	1	1 PINWHEEL	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	320.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	35.0000	g	
1310	SAUCE MARINARA	1	SERVING (2 OZ)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	45.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.5000	g	
A372	GREEN BEANS-2017	1	1/2 CUP	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	17.5420	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	3.3337	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	

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Independence Central Office

Scheduled Menu Plans

a7074	BLUEBERRIES #7074	1	1/2 CUP	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	39.5599	kcal	Carbohydrate
				9.2966 g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	66
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	50.0000	kcal	Carbohydrate
				12.9999 g
2365	DRESSING RANCH OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	85.8443	kcal	Carbohydrate
				4.2922 g
2286	KETCHUP JUG WITH PUMP	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	33.3278	kcal	Carbohydrate
				8.3320 g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	129.9999	kcal	Carbohydrate
				24.9999 g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	129.9999	kcal	Carbohydrate
				23.0000 g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	100.0000	kcal	Carbohydrate
				12.0000 g

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/26/2019

Feeding Figure: 121

Base Menu Plan: 4,641 EL BFAST JAN 18-19 W1D5

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A463	PANCAKE CONFETTI #2378	1	1 PKG	84
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	220.0000	kcal	Carbohydrate
				36.0000 g
1392	POP TART STRAW WG	1	PKG (1)	19
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	19
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	180.0000	kcal	Carbohydrate
				38.0000 g
1015	CHEESE STRING MOZ LT	1	PKG (1)	49
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>
	Food Energy	80.0000	kcal	Carbohydrate
				0.0000 g

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Independence Central Office

Scheduled Menu Plans

a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	240.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	39.0000	g	
1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	91
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.4972	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	61
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/26/2019

Feeding Figure: 262

Base Menu Plan: 4,018 EL 18-19 LUNCH W4D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A232	SLOPPY JOE ON WW BUN	1	1 SANDWICH	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	327.4475	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	36.4966	g	
A425	POTATO CRINKLE FRIES	1	1/2 CUP	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	132.0316	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	22.7641	g	
A461	CHICKEN POPCORN 10PC WG#2379	1	1 SERVING (10)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	137.8572	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	9.2857	g	
A531	MAC AND CHEESE TWISTED	1	1/2 CUP	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	145.8523	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	10.7791	g	

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Independence Central Office

Scheduled Menu Plans

A057	BROCCOLI, STEAMED	1	1/2 CUP	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	26.2924	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	5.0593	g	
a131	SALAD, DARK GREENS- EL	1	1 CUP	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.1981	g	
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	2.7139	g	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	1.7522	g	
A7046	BEANS, NORTHERN GR (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	82.4860	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.5007	g	
7035	PEACHES SLICED LS	1	SERVING 1/2 CUP	197
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	14.0001	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	66
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.2922	g	
2286	KETCHUP JUG WITH PUMP	1	Ounce	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	33.3278	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	8.3320	g	
1097	MUSTARD	1	Ounce	14
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	0.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	0.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

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Independence Central Office

Scheduled Menu Plans

Serving Period: Breakfast

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/29/2019

Feeding Figure: 121

Base Menu Plan: 4,637 EL BFAST JAN 18-19 W1D1

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
1952	FRENCH TOAST CHOC CHIP	1	PKG (1)	84		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	210.0000	kcal	Carbohydrate	35.0000	g
1392	POP TART STRAW WG	1	PKG (1)	19		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
2406	POP TART FRST BLUEBERRY 17196	1	PKG (1)	19		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	180.0000	kcal	Carbohydrate	38.0000	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	49		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	80.0000	kcal	Carbohydrate	0.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	240.0000	kcal	Carbohydrate	39.0000	g
2106	APPLE SLICES 100/2 OZ	1	PKG	91		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	30.0000	kcal	Carbohydrate	7.0000	g
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	61		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	50.0000	kcal	Carbohydrate	12.9999	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	31		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	42		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	23.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	40		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	129.9999	kcal	Carbohydrate	24.9999	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	40		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	100.0000	kcal	Carbohydrate	12.0000	g

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\* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.



Independence Central Office

Scheduled Menu Plans

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/29/2019

Feeding Figure: 262

Base Menu Plan: 4,010 EL 18-19 LUNCH W2D3

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity		
A456	ALFREDO CHICKEN, JTM penne	1	1 SERVING	184		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	232.6962	kcal	Carbohydrate	25.6039	g
A379	BREADSTICK WG #1361	1	1 BREADSTICK	184		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	110.0000	kcal	Carbohydrate	21.0000	g
A100	CHEESEBURGER ON WG BUN	1	1 SANDWICH	0		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	340.4695	kcal	Carbohydrate	28.0117	g
A057	BROCCOLI, STEAMED	1	1/2 CUP	131		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	26.2924	kcal	Carbohydrate	5.0593	g
a131	SALAD, DARK GREENS- EL	1	1 CUP	27		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	7.1576	kcal	Carbohydrate	1.1981	g
a360	CARROT, FRESH SHREDDED	1	1/4 CUP	11		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	11.6147	kcal	Carbohydrate	2.7139	g
A361	TOMATO, FRESH DICED	1	1/4 CUP	11		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	8.1076	kcal	Carbohydrate	1.7522	g
a7024	BEANS, PINTO (SALAD BAR)	1	1/4 CUP	3		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	95.3707	kcal	Carbohydrate	17.5171	g
a7074	BLUEBERRIES #7074	1	1/2 CUP	197		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	39.5599	kcal	Carbohydrate	9.2966	g
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	66		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	60.0001	kcal	Carbohydrate	15.0000	g
2366	DRESSING ITALIAN OTT'S	1	Ounce	27		
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>
	Food Energy	29.3055	kcal	Carbohydrate	7.8148	g

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1086	SAUCE BBQ	1	Ounce	40			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	29.1618	kcal		Carbohydrate	6.6655	g
2286	KETCHUP JUG WITH PUMP	1	Ounce	66			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	33.3278	kcal		Carbohydrate	8.3320	g
1097	MUSTARD	1	Ounce	14			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	0.0000	kcal		Carbohydrate	0.0000	g
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	79			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	129.9999	kcal		Carbohydrate	24.9999	g
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	79			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	129.9999	kcal		Carbohydrate	23.0000	g
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	105			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	100.0000	kcal		Carbohydrate	12.0000	g

**Serving Period:** Breakfast      **Serving Line:** MAIN      **Age Group:** Grades K-5  
**Date:** 4/30/2019      **Feeding Figure:** 121  
**Base Menu Plan:** 4,638 EL BFAST JAN 18-19 W1D2  
**Menu Comments:**

Stock Number	Description	Serving Size	Measure	Projected Quantity			
A393	DONUT GLAZED RIDGEWOOD #2325	1	1 DONUT	73			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	176.5800	kcal		Carbohydrate	21.0400	g
1015	CHEESE STRING MOZ LT	1	PKG (1)	49			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	80.0000	kcal		Carbohydrate	0.0000	g
A328	NOTABLES COCOA BWL #2063	1	1 PACK	25			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	280.0000	kcal		Carbohydrate	59.0001	g
A415	NOTABLES CINN TOAST #2082	1	1 PACK	23			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	269.9999	kcal		Carbohydrate	56.0000	g
a261	RICECHEX GLUTEN-FREE MEAL	1	1 BAG	0			
<b>Nutrient</b>		<b>Value Units</b>		<b>Nutrient</b>		<b>Value Units</b>	
	Food Energy	240.0000	kcal		Carbohydrate	39.0000	g

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1329	ORANGE 138 CT	1	1/2 CUP (4-6 WEDGES)	91
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	29.4972	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	7.5488	g	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.9999	g	
2140	JUICE ORANGE 4 OZ	1	CARTON (1)	31
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	60.0001	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	15.0000	g	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	24.9999	g	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	42
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	23.0000	g	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	40
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	12.0000	g	

Serving Period: Lunch

Serving Line: MAIN

Age Group: Grades K-5

Date: 4/30/2019

Feeding Figure: 262

Base Menu Plan: 4,644 EL 18-19 LUNCH W2D2

Menu Comments:

Stock Number	Description	Serving Size	Measure	Projected Quantity
A077	QUESO BLANCO BEEF ENCHILADAS	1	2 ENCHILADAS	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	297.3600	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	16.3599	g	
A016	RICE, MEXICAN	1	1/2 CUP	158
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	78.7958	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	13.4837	g	
7045	SALSA	1	1/4 CUP	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	20.0000	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	4.0000	g	
A330	PIZZA CHEESE TONY'S #2387	1	1 SLICE	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	349.9999	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	38.0000	g	
A070	CARROTS, COOKED	1	1/2 CUP	131
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	22.5109	kcal	
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Carbohydrate	5.2526	g	

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a131	SALAD, DARK GREENS- EL	1	1 CUP	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	7.1576	kcal	
a360	CARROT, FRESH SHREDED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	11.6147	kcal	
A361	TOMATO, FRESH DICED	1	1/4 CUP	11
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	8.1076	kcal	
A7020	BEANS, BLACK (SALAD BAR)	1	1/4 CUP	3
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	75.1369	kcal	
A050	APPLES, HOT SPICED	1	1/2 CUP	197
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	121.4842	kcal	
2280	JUICE APPLE 100% SUNCUP 4 OZ	1	CARTON (1)	66
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	50.0000	kcal	
2365	DRESSING RANCH OTT'S	1	Ounce	27
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	85.8443	kcal	
2154	MILK CHOC CARTON FF 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
2139	MILK STRAW FF CARTON 8 OZ	1	CARTON (1)	79
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	129.9999	kcal	
1027	MILK 1% WHITE LF CARTON 8 OZ	1	CARTON (1)	105
	<b>Nutrient</b>	<b>Value</b>	<b>Units</b>	
	Food Energy	100.0000	kcal	

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